

WARREN



"Jolly Rogers"

SENTINEL

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May 12, 2006

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IRON CHEF

Senior Airman Kathleen Hensley, 319th Missile Squadron, chops asparagus for a salmon dish during the 90th Operations Group Iron Chef Competition at the chapel activities center April 21. For complete coverage of the competition, turn to Page 15.

Photo by Justin Nestorick

Military to musicians

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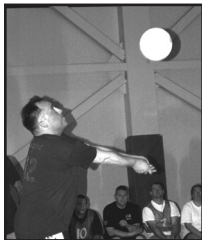
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Commentary

Toughest, best job

Maj. Laurie Arellano
90th Space Wing Public Affairs

Happy Mother's Day to all moms and moms-to-be. As a mother of three and a 17-year member of the Air Force, I always tell people being a mom is the toughest, best job in the world, and the challenges of being an Air Force officer don't even cast a shadow on the difficulties and rewards of motherhood.

Every year that my kids get older I appreciate Mother's Day more. That's because I feel I've earned it. Being a mom is some serious on-the-job training that you never get the graduation certificate for.

Looking back on my idealism when I had my oldest, I realize now I was better prepared to write the D-Day invasion plan than I was to be a mom. That first year, I wondered how I could be in charge of millions of dollars in Air Force resources when I couldn't even figure out how to get my baby to stop crying. How could I be a college graduate and responsible for writing enlisted performance reports and decorations on people who worked for me when I couldn't even convince my daughter to wear a coat because it was snowing? And seriously, all the rank and authority in the world doesn't convince a child to let me change their diaper even though it stinks and is sagging nearly to their knees.

Three kids later, and I can't even do the math figuring how many diapers I've

changed without getting dizzy. I don't want to know the number of hours of lost sleep that I'll never get back. I do know I've been pregnant thirty months, and I've nursed a total of nearly four and a half years of my life. That makes Officer Training School seem like a cakewalk.

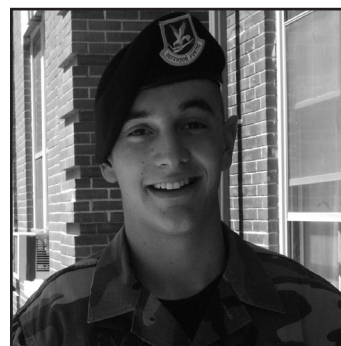
But I've learned a lot from my motherhood experience.

Being a mom has made me a very creative thinker. I'm sure this transcends into my military career in some way, but that's not why I adopted this skill. I've learned to multi-task out of sheer necessity, not because I want to be more efficient at work. At night, I can have one child cleaning her room and the other doing homework while I'm putting the baby to bed and typing a text message telling my husband to pick up milk on the way home. I didn't try to get good at it. I just know by instinct if the

_____ Mom, Page 3

Street Talk

"What's the coolest thing about Warren?"



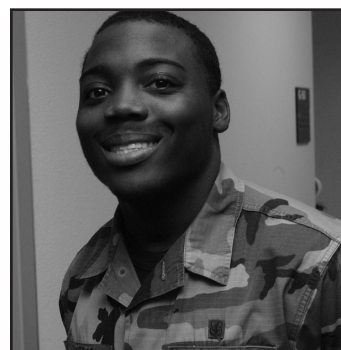
"I play drums with a lot of local musicians."

**- Airman 1st Class
Tim Finch,
90th Security Forces
Squadron**



"I like the people I work with."

**- Airman Amanda Travers,
90th Maintenance
Operations Squadron**



"It's small, not that many people and everything is close by."

**- Airman 1st Class
Adrian Lester,
90th Medical Operations
Squadron**



"I like helping the people who protect America."

**- Matt Cox,
90th Communications
Squadron**

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DEADLINES:

Articles are due to public affairs, Building 250, room 201, by 4:30 p.m. Thursday the week before publication. Classified ads are due by 11 a.m. Tuesday the week of publication.

Classified ads can also be dropped off or mailed to Wyoming Newspapers, Inc., 202 E. 18th St., by 1 p.m. Tuesday the week of publication. Articles and ads that don't meet these deadlines won't be considered for that week's issue. Edito-

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Asian-Pacific Americans: Thirteen million add to the American mosaic

Special Agent Joseph LaVille
Office of Special Investigations detachment commander

INCIRLIK AIR BASE, Turkey -- An area studies professor asked our class to describe the "Asian-Pacific culture."

As we tried, we had to account for the largest landmass and ocean area in the world. We also had to keep in mind individuals from nearly 30 different countries and countless islands, each with a unique historical and cultural heritage.

Some used descriptions such as family-centric, studious, hardworking, money-saving and mainly Oriental. However, the more we discussed, the more we realized that it is an amazingly large area with great diversity.

So, how is it possible to

write a short article about a very diverse group in recognition of Asian-Pacific American Heritage Month?

Let's start with the official celebration of Asian-Pacific American heritage. It began in 1978, but was celebrated for only one week in May. The Asian-Pacific American Heritage Month was enacted by Public Law on Oct. 28, 1992. The purpose was to honor the achievements of Asian-Pacific Americans and to recognize their contributions to the United States.

The month of May was selected for this recognition because two significant events in history took place in that month: Japanese immigrants first arrived in the United States May 7, 1843, and the transcontinental railroad was completed on May 10, 1869 (Golden Spike Day)

"ONE ARTICLE CANNOT COVER ALL THE ASPECTS OF A DIVERSE GROUP LIKE THE ASIAN-PACIFIC AMERICANS. THE MONTH OF MAY IS YOUR CHANCE TO LEARN ABOUT THEIR HERITAGE."

- Special Agent Joseph LaVille
Incirlik Air Base, Turkey

by a majority of Chinese immigrants.

Asian-Pacific Americans have added to the American mosaic. The Chinese were the first Asians to arrive in large numbers in the 1800s, with a boom during the California gold rush. Another large group was the Japanese, but mainly in Hawaii and California. At the begin-

ning of the 1900s, Filipinos began to immigrate in significant numbers after the Philippines came under United States control following the Spanish-American War.

Asian-Pacific immigration continues from just about every country. Today, there are more than 13 million Americans who claim their heritage to be

Asian-Pacific.

Asian-Pacific people have even influenced our military development. There are few students of military strategy who have not studied the Chinese teachings of Sun Tsu or read the book "Art of War." About 3 percent of our Air Force lists their heritage as Asian-Pacific.

A memorable event occurred in May 1987 for an Air Force Asian-Pacific American -- Hoang Nhu Tran, a former refugee. He graduated as valedictorian of the U.S. Air Force Academy in a class of 950 students. He was also a Rhodes Scholar and Time Magazine's recipient of the 1986 College Achievement Award.

One article cannot cover all the aspects of a diverse group like the Asian-Pacific Americans. The month of May is your chance to learn about their heritage.

Mom, from Page 2

baby wants to sleep, the two older kids will be looking for the sharpest object in the house to see what's under the carpet, and then they'll start fighting over it.

And I've learned to use my resources wisely. Again, I'm sure the Air Force appreciates this talent, but I'm good at it so I don't drive myself crazy. I've made those secret

'concoctions' from what's in the pantry the night before I finally do my grocery shopping. And I figured out all kinds of vegetables can be buried in meatloaf. I can sell the kids anything that is covered in cheese or that they can dip. So I save myself the wasted time and money buying fruits and vegetables that just go bad, I chop stuff up and

hide it. That makes me feel better as a mom.

On my first Mother's Day, I felt I had earned the card my husband grabbed at the store and put in front of my daughter so she could scribble a signature in crayon. And it meant the world to me. I didn't even have a clue I had barely completed orientation.

Now, nine years later, I look forward to Mother's Day because it's the only chance I get to pat myself on the back for the relatively good job I've done. I mean, I haven't lost any of the kids, and nobody has run out in the street and been hit by a car -- yet.

So to all moms doing it the best way they can, Happy Mother's Day!

Force shaping board results released

PETERSON AIR FORCE BASE, Colo. – The Air Force has released the results of the 2006 Force Shaping Board, affecting lieutenants in the 2002 and 2003 accession year groups.

The Force Shaping Board is designed to enable the Air Force to meet mission requirements within budget constraints and to provide combatant commanders with the right mix of ready and fully trained Airmen. The board convened in April 2006 and was a Secretary of the Air Force–authorized central board conducted at the Air Force Personnel Center at Randolph Air Force Base, Texas.

The force shaping board selected 1,240 out of 2,083 officers in the 2002 and 2003 accession year groups for retention. The affected officers were personally notified by their senior raters of their retention status May 10.

“While the results of this board are great news for some, we must remember that there are others who didn’t receive the results they’d hoped for,” said Lt. Gen. Frank G. Klotz, AFSPC Vice Commander.

**"MY SINCERE THANKS TO ALL OUR
AIRMEN FOR YOUR DEDICATION AND
SUPPORT TO THE AIR FORCE AND AIR
FORCE SPACE COMMAND."**

- Lt. Gen. Frank G. Klotz
Air Force Space Command Vice Commander

“To those Air Force professionals who received disappointing news, I offer my best wishes, knowing you will no doubt continue to succeed in whatever new endeavors you undertake. My sincere thanks to all our Airmen for your dedication and support to the Air Force and Air Force Space Command.”

Officers not selected for retention will be separated no later than Sept. 29.

Master Sgt. Edward Jordan, Air Force Space Command Manpower and Personnel, said the force shaping process is necessary to help meet the Air Force’s end strength goals.

“The intent is to properly shape the future force by retaining the officers we need to do the mission today and to develop the future leadership of the Air Force,” Sergeant Jordan said.

Officers not selected for retention are still eligible to apply for the Palace Chase or the Blue to Green programs. Palace Chase applicants accepted into the Guard or Reserve may avoid a break in service provided they apply by Aug. 1, according to a May 3 Air Force Personnel Center news release. The Blue to Green program offers eligible officers the opportunity to

transfer to the Army, but applicants must submit their packages by June 15.

Those who wish to continue to serve, but not in uniform, may apply for civil service employment. Interested officers should visit the Office of Personnel Management Web site at www.usajobs.opm.gov for more information.

Officers are entitled to post-separation benefits and services such as transitional healthcare coverage for 180 days, permissive temporary duty and an expanded opportunity to participate in the Montgomery GI Bill. Officers should contact their base family support centers for more detailed information regarding these benefits and available transition resources.

For more information on the Blue to Green program call DSN 665-2758 or e-mail afpc.dpprs@randolph.af.mil. Palace Chase information is available by calling DSN 665-3758 or by e-mail at palacechase@randolph.af.mil. For the latest information on force shaping, visit <http://www.afpc.randolph.af.mil/retsep/forceshaping/shape.htm>.

**To find out the latest information
on base including FPCON, INFOCON,
exercise information
and applicable delays and closures**

**Call the Warren Straight-Talk Line
773-2222**



Briefs

Gate/intersection closure

Due to a base exercise, Gate 5 will have alternate hours Wednesday, Thursday and May 19. The intersection of Rogers and Central avenues on base will be closed from 7 a.m. to 10 p.m. Wednesday, 7 a.m. to 5 p.m. Thursday and from 7 a.m. to 5 p.m. May 19. Gate 5 will be closed to normal traffic 7 a.m. to 5 p.m. Access to the missile handling team area and the horse stables will be available.

CGO opportunity

Looking for an opportunity to expand on your leadership and enhance your Air Force knowledge? The company grade officer's council is sponsoring an Officer's Career Broadening Action Group. The purpose is to increase the knowledge base of other units and their impact on mission success for CGOs. The process will run as follows: Interested CGOs will select the wing/vice, group or squadron commander of their choice to shadow for a day. Then contact either Capt. Rickie Banister at 773-4110 or 1st Lt. Tyrone Bess at 773-4901 for a career enhancement opportunity like no other. The CGO will be exposed to different leadership styles, decision making processes and a day in the life of another unit outside of his own. The CGOC meets every third Thursday, at 3 p.m., in Ground Zero at the Trail's End Club.

Air Force Honor Guard applications

It's never too late to submit an application for the Air Force Honor Guard. Air Force members who missed Thursday's Air Force Honor Guard recruiter team visit do not have to wait for the next visit to apply for an assignment with the Air Force Honor Guard. For more information visit https://www.mil.bolling.af.mil/orgs/OG/HG/index_HG.htm, or call DSN 754-6210.

Long-term parking at VCC

As a reminder, the maximum amount of time vehicles are allowed to be parked in the Warren Visitor Control Center parking lot is one hour, unless the parking slot is posted "15 minute parking." The VCC has very limited parking and those vehicles that are long-term parked are impeding the customer service security forces provides. Vehicles parked for more than an hour will be towed. The only authorized long term parking at Warren is in the parking lot outside of Gate 2.

For more information, contact Senior Airman Ronald Hale at 773-2499.



Photo by Senior Airman Tessa Cubbon

COMING SOON

Staff Sgt. Eric Otten, 90th Missile Maintenance Squadron, donates blood April 18 here. Warren members are encouraged to donate blood every two months. The next blood drive is scheduled from 10 a.m. to 4:15 p.m. Tuesday and Wednesday at the chapel activities center. For more information, call 2nd Lt. Michael Weaver at 773-3148.



MOTORCYCLE & Car SHOW

All Bikers and Bike Models Welcome



May 13
10 a.m. to 2 p.m.
Commissary parking lot



Contests with prizes for Best in Show and other categories

Burgers and drinks provided by First Sergeants Group
Sponsored by 90 SW/SE to PROMOTE AWARENESS and SAFETY

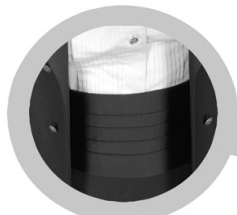
Questions Contact: Master Sgt. Cope at 773-4291,
Tech. Sgt. Johnson 773-2927 or 90 SW/SE 773-1842

CLINIC CLOSURES

The 90th Medical Group is scheduled to be closed at 3:30 p.m. May 19. Pick up prescription refills by 3 p.m. The clinic will also be closed at 2 p.m. May 31 for a change of command ceremony. Pick up prescriptions by 1 p.m. A provider will be on call to discuss urgent medical concerns. To request a referral for urgent care after-hours, call 773-3461.

Immediately effective approved items from the 97th Air Force Uniform Board

Uniform Board Results



A Design and development of the Headquarters, U.S. Air Force identification (HAF) badge



B Wear of the blue nametag with the Air Force informal uniform - abbreviated rank and name on one line

C Standardized cummerbund wear

D Prohibit wear of scrunchy as hair accessory for women

E Hair pins and bands will match hair color and long hair will be secured with no loose ends

F Hair color/highlights/frosting will not be faddish and will be natural looking for human beings

G No flat top hairstyle or shaved head for women

H Synthetic hair can be worn as long as it meets safety and mission requirements

I Braids, micro-braids and cornrows are authorized for women

J Standardize wig/hairpiece wear - eliminates medical justification for men

K If due to a temporary medical condition resulting in baldness, commanders will authorize the approved American Cancer Society cap (black or tan), wigs or baldness in uniform

L Females will not wear shades of nail polish that distinctly contrast with their complexion, that detract from the uniform, or that are extreme. Nail polish will be limited to one color. French manicures are allowed. Nail length will not exceed one quarter inch from finger tip

M Wear of carry type purse with no more than two straps authorized with mess dress

N Reduce bracelet size to one half inch. Bracelets that support a cause, philosophy, individual or group are not authorized

O Rings will be worn at the base of the finger and will not be worn on the thumb. Wedding sets count as one ring

P Eyeglasses will not be worn around the neck; on top or back of head; or exposed/hanging on uniform

Q Earrings for women will be small spherical, conservative diamond, gold, white pearl, or silver with any uniform combination and worn as a set. If member has multiple holes only one set of earrings will be worn in the lower earlobe

R Optional wear of male flight cap for women

S Authorize optional epoxy blue name tag, worn on the blue shirt

T Authorize the wear of the fire fighter duty badge while an individual is assigned to 3E7X1 DAFSC position, including periods of PME attendance and staff tours above the group level

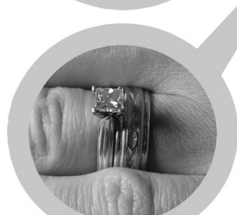
U Authorize the wear of the security forces duty badge and beret while an individual is assigned to a 3PXXX DAFSC position and possesses a 3PXXX PAFSC, including PME attendance and staff tours above the group level

V Discontinue award of the Air Force Good Conduct Medal. May continue to wear those previously earned and a matter of record

W PT uniform-mandatory wear date set as 1 October 2006 and 1 October 2005 in the AOR. Specific wear instructions released on message dated 17 November 2005

X Cell phones, pagers and personal digital assistant must be solid or covered in black, silver, dark blue or gray and must be conservative. May be clipped to the left side of waist band or purse or carried in left hand. Only one may be worn on the uniform belt. Members will not walk in uniform while using cell phones, radios, hands-free headsets unless required in the performance of official duties using a government issued device

Y Authorize the permanent wear of the scuba badge on the BDU



For updates and more information on the results from the 97th Air Force Uniform Board please go to www.af.mil

Evolution of the revolution

Famous musicians serving the military

Capt. Nicole Walters
90th Space Wing Public Affairs

Voices aren't stifled in the military, in fact quite the contrary. The military has been a saving grace, inspiration and a defining experience for many Americans—including famous musicians, even if they didn't know it at the time.

Sammy Davis Jr., one of Frank Sinatra's Rat Pack, was born into a vaudeville family and was dancing on stage by the time he was four. In 1943, he joined the Army and found himself stationed here at Warren. It's alleged Mr. Davis didn't enjoy his time in Wyoming, and after leaving the Army in 1946, he returned to his passion: performing.

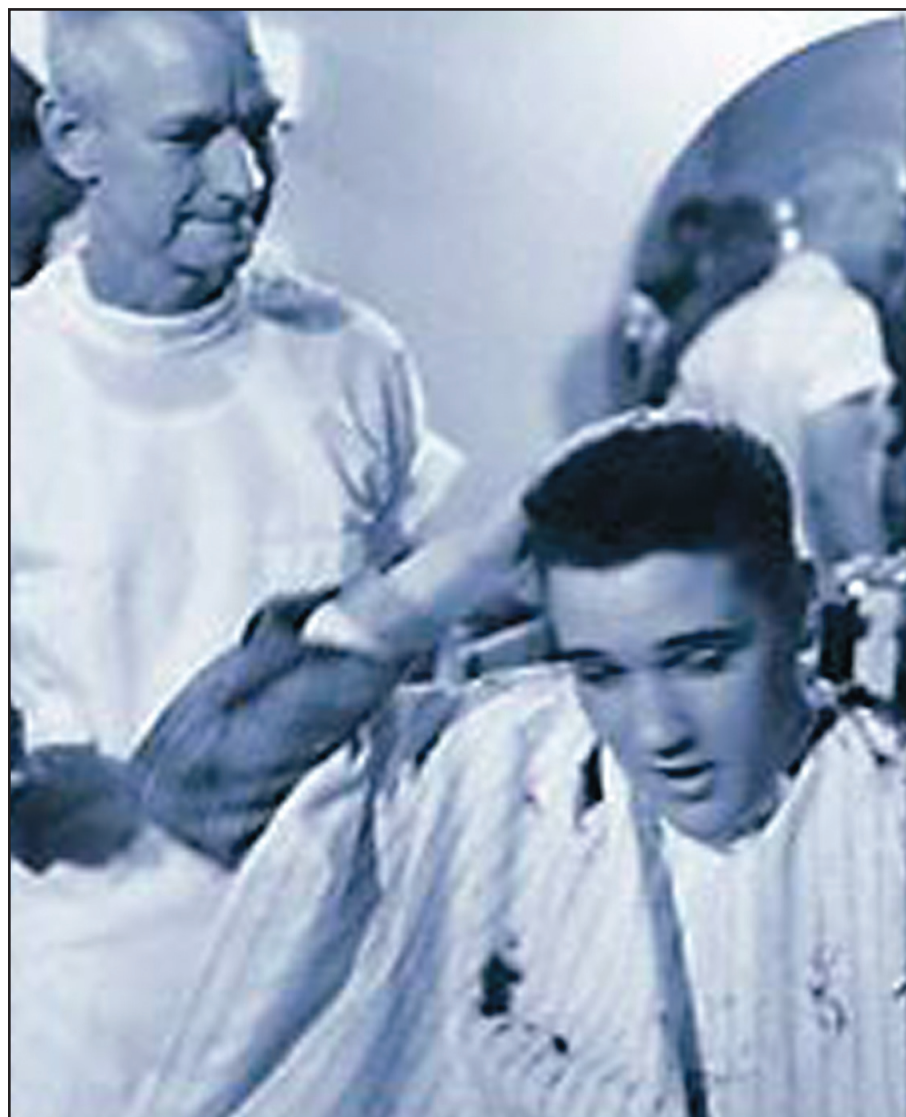
In the 1960s, Mr. Davis became a formidable presence in the civil-rights movement due to his life encounters. He worked with Martin Luther King, Jr. pushing for both African-American and Jewish rights. Mr. Davis's song "The Candy Man" hit number one in 1972, and from 1988 to 1989, he toured with the Rat Pack.

Current crooners Harry Connick Jr. and Michael Buble are obvious Rat Pack influences, but delving deeper, Mr. Davis's passion and messages of tolerance thread throughout Branford Marsalis, Quincy Jones, and even the Ocean's Eleven and Ocean's Twelve movies.

Johnny Cash enlisted in the Air Force in 1950 and was stationed in Landsberg, Germany, where he formed his first band, the Landsberg Barbarians. Discharged in 1954, he used his G.I. Bill to go to radio broadcasting school. He then signed with Sun Records and later Columbia. Over his entire career, the man in black had more than 1,500 songs and was awarded 11 Grammys.

Josh Gracin was serving in the Marine Corps when American Idol debuted. He ultimately placed fourth in the second year of the series. Mr. Gracin is in no way as seasoned as Johnny Cash, but the emotional similarities between the two clearly show Mr. Gracin following in Johnny's footsteps: both were very troubled by their fellow servicemembers who were in harm's way, and both have used the emotional experiences of their life to define their music.

Elvis Presley was already a huge star in December 1957 when he was drafted into the Army. In March 1958, he reported to Fort Hood, Texas, for basic training. Stationed at Weisbaden Air Base in Germany, he met Priscilla Beaulieu, whom he married when she was 17. Discharged in 1960, three movies, including G.I. Blues, were almost immediately released, and the King's style was more mature than his pre-Army days. It was the British Invasion that



Elvis Presley gets his famous G.I. haircut at Fort Chaffee, Ark., on March 23, 1958. Mr. Presley was drafted into the Army the previous day in Memphis and was assigned serial number 53310761. Mr. Presley was discharged in 1960.

ultimately deflected American tastes away from the King's style although the majority of British Invasion artists, including the

Beatles, cited Mr. Presley's work as an influence.

_____ Music, Page 13

Music, from Page 12

Jazz knows no one like Dave Brubeck. Mr. Brubeck joined the Army in 1942. After serving in Southern California for two years, he was sent to Europe as a rifleman. During World War II he led a service band that toured

the front lines under General Patton's regime. After his military service, Mr. Brubeck defined avant garde with unusual time signatures such as 5/4, 9/8 and 11/4. He created an anti-racism show with Louis Armstrong, and Thelonious Monk, John Coltrane and the Marsalis brothers wouldn't be who they are without Dave Brubeck.

John Lee Hooker was blues. Period. He was in the Army stationed near Detroit sometime during 1939 to 1943. Some allege he was 14 when he joined, and the Army asked him to leave when they found out his real age. Mr. Hooker's music blended the sounds of electric guitar with the Mississippi Delta country blues. "Boom Boom," "Crawlin' King Snake" and "I'm in the Mood," defined him as an artist. Mr. Hooker's music influenced Van Morrison, Bruce Springsteen, the Rolling Stones and ZZ Top.

The unabashed style is evident in another military short-timer: Jimi Hendrix. In 1961, the Purple Hazed had a run-in with the law regarding a stolen car, which resulted in two years of compulsory service in the Army. Mr. Hendrix was in training to

become a paratrooper at Fort Campbell, Ky., when he was discharged after breaking his ankle.

Pete Seeger is famous for folk music including "Where Have All the Flowers Gone," "If I Had a Hammer," and The Byrds' "Turn, Turn, Turn." Mr. Seeger was drafted by the Army in 1942 and spent his tour of duty singing folk songs for soldiers on the front. One of the most famous pieces of music Mr. Seeger was involved with, "We Shall Overcome," was the anthem for the civil rights movement.

Mr. Seeger's influence has not only changed America, but it's changed other artists in the military. Check out James Blunt, who was a captain in the British army. Mr. Blunt's "Back to Bedlam" has lyrical simplicity that shows the evolution of folk music on an international scale.

Glenn Miller grew up a short distance away from Warren in Fort Morgan, Colo. Pivotal in creating the Big Band sound in the 1930s and 1940s, tracks like "In the Mood" and "Moonlight Serenade" were burning up the airwaves.

By the age of 38, Mr. Miller had a successful band, but his patriotism led him to disband to join the

Navy. The Navy turned him down, so he turned to the Army Air Corps who granted him the rank of captain. The Glenn Miller Army Air Corps Band was stationed in England and the dance band played for countless troops.

On Dec. 15, 1944, Captain Miller boarded a plane bound for Paris. The plane became engulfed in bad weather and no trace was ever found. His recordings are still popular in the United States and Britain, and inspired the August 1989 number one hit, "Swing the Mood" by Jive Bunny and the Mixmaster. Big Band has ebbed and flowed with the latest resurgence in the 80s and 90s due to the Brian Setzer Orchestra and the Stray Cats. The strong brass presence was key to the development of the Ska music in the late 90s.

Like today's military members, these musicians took the experiences they encountered in the military and used it as both a stepping stone and as a catalyst for change. From the revolution of the 33 to the evolution of rock, jazz and even folk music—the impact of the military on America's musical culture is the needle to the record.

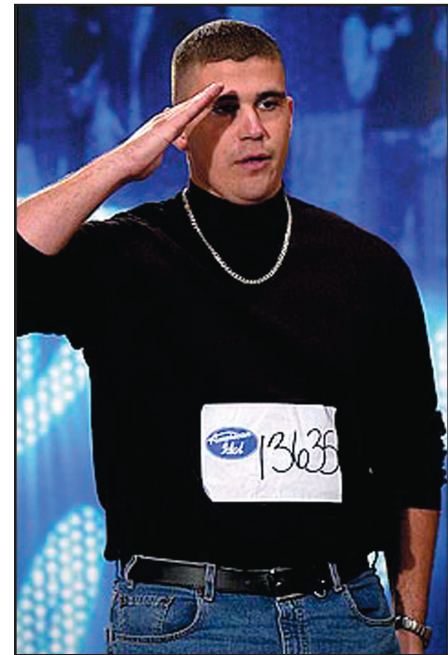


Photo courtesy www.americanidol.com

Josh Gracin was an active-duty Marine when he was given permission to try out for American Idol during its second season. He ultimately placed fourth. After being discharged, he signed a contract with Lyric Street Records and released his debut album.

Allez cuisine

Iron Chef Competition, a showplace for the skills and talents of missile chefs

1st Lt. Melissa Ward
90 Operations Support Squadron

While it may not be the Food Network's Kitchen Stadium, the chapel activity center was home to a culinary battle of epic proportions April 21. The 90th Operations Group Iron Chef Competition featured missile chefs preparing a single entrée in one hour using a theme ingredient common among all three challengers.

The ingredient for the first quarter of 2006 was salmon. This fish, not known for its myriad uses in many dishes, proved an excellent choice as evidenced by the flavorful dishes produced at the end of the hour.

This quarter's competitors were Senior Airman Kathleen Hensley, 319th Missile Squadron, Airman 1st Class Brittany Cook, 320th Missile Squadron, and Staff Sgt. Robert Newman, 321st Missile Squadron.

Airman Hensley was a last-minute substitution for the original 319th participant, who had a prior commitment. She had to develop a competitive recipe as she worked, and incorporated the original participant's pre-selected ingredients. Eventually, "Hensley's Salmon" with rice and asparagus

emerged from the race as a strong opponent. Joining the field were Airman Cook's Asian-inspired "Teriyaki salmon" and Sergeant Newman's "grilled cilantro salmon." Sergeant Newman catered to the discerning tastes of his spouse because his recipe was influenced by his wife's love of cilantro.

All food was prepared and served utilizing the procedures outlined in the United States Public Health Food Code. Any desired ingredients were provided to the participants, and they were prohibited from bringing personal ingredients. This did not hinder the challengers from producing creative and scrumptious entrees for judging and scoring.

Col. Michael Fortney, 90 OG commander, Lt. Col. Jeffrey Smith, 320 MS commander, Lt. Col. Christopher Coffelt 321 MS commander, Maj. Donald Duralia, 90 OG, Maj. Darren Easton, 37th Helicopter Squadron commander, Maj. Loyd Buzzell, 90th Operations Support Squadron, Senior Master Sgt. Jermyn Zink, 319 MS, and Master Sgt. Mark Mazza, 90 OG, were the judges this quarter. They had the challenge of determining whose cuisine would reign supreme. The



Photo by Justin Nestorick

Senior Airman Kathleen Hensley, 319th Missile Squadron, prepares a salmon dish during the 90th Operations Group Iron Chef Competition at the chapel activities center April 21.

scoring criteria took into account such characteristics as taste, creativity, appearance/plate presentation, and how well the dish honors the theme ingredient. Airman Hensley proved her culinary prowess and was named the winner for the first quarter of 2006. The next competition will be held in June, at the chapel activity center. The theme ingredient will be chocolate, and

90 OG leadership spouses will be serving as the judging panel.

Aside from being a fun afternoon and a free meal, the Iron Chef Competition has become a showplace for the skills and talents of the missile chefs assigned to the 90 OG.

This quarter's gathering was all the more notable for having been the first anniversary of the competition. The Iron Chef program was

featured during the 2005 Missile Food Service Excellence Competition, and decisively contributed to Warren winning that competition for the third year in a row.

The 341st Space Wing at Malmstrom Air Force Base, Mont., has recently shown that imitation is the highest form of flattery by holding their first Iron Chef competition modeled after Warren's.

CMSAF reflects on 29-year career

Chief Murray to have retirement ceremony in June

Carl Bergquist
42nd Air Base Wing
Public Affairs

MAXWELL-GUNTER AIR FORCE BASE, Ala. — After 29 years of service, Chief Master Sergeant of the Air Force Gerald R. Murray said that his Air Force career has been rewarding, exciting and gone farther than he could have imagined.

“For a guy who joined the service because he needed a job to end up Chief Master Sergeant of the Air Force was far more than I ever expected,” said Chief Murray, whose retirement ceremony is in June. “What I’m most proud of in my career was having the privilege and opportunity to lead and represent the more than 440,000 enlisted members of the service.”

After two years in college, he entered the Air Force in 1977 and has seen great change in the service. He said the enlisted force of today is “truly a better force” than it was then, and he attributes much of the change to efforts of those who came before him.

“To paraphrase President Truman, ‘We serve on the shoulders of giants,’ and that is why today’s Airmen are more efficient, better educated and the most qualified in the history of the Air Force,” Chief Murray said.

Before becoming chief

master sergeant of the Air Force, Chief Murray said there were two great events in his life. The first was marrying his wife, Sherry, “Or should I say her decision to marry me, a college dropout,” and the second was joining the Air Force because the economy was bad and he needed work.

“(My wife) has been a great inspiration for me throughout my career,” Chief Murray said. “But, she can be as tough as a (military training instructor).”

He said that other members of his family chose the military as a career and his family accepted his decision.

“Other family members, specifically four uncles and three great uncles, had served during war time, going all the way back to World War I, so my family is patriotic and considered my choice as honorable,” the chief said.

Once in the Air Force, Chief Murray said he wanted to be in a front-line position and requested a fighter maintenance job. The Air Force gave him what he wanted and he worked with “three great fighter aircraft” -- the F-4 Phantom, F-16 Fighting Falcon and A-10 Thunderbolt II. He had 11 maintenance assignments during that segment of his career.

At the height of the Cold War, Chief Murray served at a Victor Alert Pad in Turkey,



Photo by Carl Bergquist

Chief Master Sgt. of the Air Force Gerald R. Murray stands in front of the Senior NCO Academy's Kisling Hall at Maxwell-Gunter Air Force Base, Ala. Chief Murray is set to retire in June.

then transitioned from that job to the A-10 aircraft. The transition led to his assignment to Desert Shield/Desert Storm.

“Desert Storm was a monumental (time) in my career because the Air Force gave me the opportunity to use my skills at a forward operating base,” he said. “The assignment also led to a Bronze Star, an Air Force General Lew Allen Trophy and my promotion to chief master sergeant.”

Chief Murray said he had set a goal for himself as a staff sergeant that if he stayed in the Air Force, he was going to make chief. Once he made chief, his next goal was to be superintendent of a fighter group and he also fulfilled that goal. He said he never wanted to be a command chief, or senior enlisted advisor as they were called at the time, and never entertained the idea of being chief master sergeant of the Air Force.

“Becoming a chief was a highlight of my career but I had a lot to learn,” he said. “I had become ‘stove-piped’ in maintenance and now found myself having to deal with all aspects of the

Air Force.”

Chief Murray handled it well. He moved from the wing level to numbered Air Force to command chief of the Pacific Air Forces before being selected as the 14th chief master sergeant of the Air Force in 2002.

“Once selected, I stepped forward to do the best job I could, to deal with challenges that came along and deal with what I didn’t know about the job,” he said. “One thing I didn’t know was that Gen. John P. Jumper, then chief of staff of the Air Force, was going to make my first priority his new ‘Fit to Fight’ fitness program and that was going to be a real challenge.”

Chief Murray said he has always tried to use every available tool, such as focusing on developing Airmen capability, career job retraining and balancing the force, and he hopes that has led to an improved enlisted force.

“I took it upon myself that part of (my) job was to reshape the force,” he said. “When I arrived four years ago, I told the College of Enlisted Professional Military Education, ‘I can’t

tell you how to do your job, but warrior ethos must be emphasized in PME.’ I’m pleased to see that Lt. Gen. Stephen Lorenz, Air University commander, has included that message in his mission briefs.”

Chief Murray said his career, “as with all things, has had highs and lows.” There have been challenges and sacrifices, and he said his wife and three children have sacrificed the most.

As for what’s next in his life, Chief Murray said he really doesn’t have any hard plans for the future. He’s looking at several opportunities, to include continuing his education or possibly government service as a civilian. He also plans to build a house “with (his) own two hands” and hike the entire Appalachian Trail.

“One has to balance one’s life and every life has seasons. The past four years have been a season of being away from home a lot and I owe my family a season of being around them,” he said. “One thing is for sure, though. Someday, I will retire to that home I built in the hills of North Carolina.”

“FOR A GUY WHO JOINED THE SERVICE BECAUSE HE NEEDED A JOB TO END UP CHIEF MASTER SERGEANT OF THE AIR FORCE WAS FAR MORE THAN I EVER EXPECTED.”

- Chief Master Sgt. of the Air Force Gerald Murray



Photos by Tech. Sgt. Steven Goetsch

Tech Sgt. James Lopez, 90th Civil Engineer Squadron, bump sets the ball to one of his hitters during game one of their opening round set against 90th Operations Group Tuesday.



Senior Master Sgt. Thomas Pachniak, 90th Civil Engineer Squadron, receives the 90th Operations Group serve to try and set up the offense for 90 CES. The 90 CES team lost the best of three series 25 to 21, 25 to 13.

90 CES succumbs to 90 OG



First Lt. Burdette Millen, 90th Operations Group, slices the ball past the mighty 90th Civil Engineer Squadron block. The 90 OG advanced through to the next round of the winner's bracket after knocking 90 CES off Tuesday.



Kim Sweetman, wife of Senior Airman Bryan Sweetman, 90th Civil Engineer Squadron, sets to her outside hitter during opening round intramural volleyball action Tuesday.

Missile cop says mom inspires her

Florida native hopes to become a pediatrician

Recently-promoted Senior Airman Latoya Copes, 90th Missile Security Forces Squadron, sat down with Senior Airman Tessa Cubbon, 90th Space Wing Public Affairs, to discuss her involvement in her church, the secret to being awarded senior airman below the zone and why her mother is her hero.

What is your job?

I am a missile cop.

What exactly do you do?

We stay in missile alert facilities for three and a half days, and we work 12-hour shifts. Basically we are first responders to situations at a launch facility. If an alarm kicks off, the FSC will dispatch the security response team and when we get out there we will assess the situation.

When you joined the military, what career field did you want to go in to?

I wanted to go in to administration, but I took anything because I wanted to get out of Florida.

Is that where you're from?

I am from Cocoa, Fla., it's in central Florida.

Who's your hero?

My hero would have to be my mother, because she's strong. I'm so much like her, really- I've never seen anybody as strong as she is that raised three kids practically on her own. That's not a lot of kids but at the same time one person needs this and another person needs that. Whatever she had she gave it to us, so I commend her for it.

When you were younger, what did you want to be when you grew up?

I wanted to be a lawyer.



Photo by Senior Airman Tessa Cubbon

Senior Airman Latoya Copes, 90th Missile Security Forces Squadron, fires an M-4 at her firearms training at the combat arms training and maintenance facility here Wednesday. Security forces personnel are required to fire the M-4 twice every year as part of their training.

Are you still looking to achieve that dream?

No. I want to work with kids as a pediatrician.

Are you going to school to do that?

Not yet, I'm trying to get a few things situated before I start school. For a long time I was very unsettled about what it was I wanted to do. I actually decided a few months ago this is what I want to do, "I want to be a pediatrician."

What makes you want to be a pediatrician?

Because I've worked with kids all my life. I have been a mentor. There are young ladies back home that I mentor and they e-mail me every now and again. And I have a little cousin that I've taken care of since he was 6 months old.

What's the biggest honor you've ever had?

The biggest honor I've ever had is making senior airman below the zone.

How did you achieve that?

I did that by just being active in the squadron, basically just working hard.

What kind of volunteer work do you do?

I did the Walk for Life, the Halloween Pumpkin Patrol and I participated in the Christmas party. I got coined by General Lance Lord, (former Air Force Space Command commander), and Col. Michael Carey, (90th Space Wing commander).

What do you do around the squadron?

Basically whatever they ask me to. The Halloween Pumpkin Patrol and the Christmas party were done by my squadron. The Walk for Life, that was something outside of the squadron that I decided to do. And Cheyenne Frontier Days, the squadron was very active with that. That's a big thing around here.

Why did you join the Air Force?

I joined the Air Force [because]

I wanted to be away from home. I wanted to travel. I wanted to see places, and I wanted to do something with my life.

Are you planning on staying in and retiring from the Air Force?

I will be Chief Master Sergeant of the Air Force if that's what the Lord wants me to do.

Do you feel you've done something with your life?

Yes, I feel like I have done something with my life.

What's your life's motto?

My life's motto is all things are possible through Christ.

What's the one question you wish I would have asked you?

I wish you would have asked me about how involved in the church I am. I sing in the choir and I try to attend bible study when I'm not in the field. I participate in the functions the church has. Try to be very involved.

This page is reserved to recognize outstanding Warren members.
To nominate, e-mail the Sentinel staff at sentinel@warren.af.mil.

Military Spouse Appreciation Day specials

Warren Lanes - All military spouses are invited to bowl for free (by the game) 11 a.m. to 6 p.m. today. Must be accompanied by military spouse or be a spouse of a deployed member.

Aquatic center - Spouses of military can swim free from 11 a.m. to 12:30 p.m. and 5:30 to 7 p.m. today for Military Spouse Appreciation Day.

Outdoor recreation - Rent one item and get one free of same or lesser value today. (This does not include campers and boats.) Example: rent a bicycle and get one of same or lesser value free.

Trail's End Club - Military club member spouses receive 10 percent off lunch when they show their club card today.

Denver Zoo trip

Outdoor recreation is hosting a trip to the Denver Zoo Sunday. The cost is \$15 for adults, \$12 for children 3 to 11 and \$5 for children under 2. The trip departs at 10 a.m. and will return at 6 p.m.

For more information, call ODR at 773-2988.

Texas Hold 'Em buffet

A Texas Hold 'Em buffet is scheduled to be held Saturday at the Trail's End Club. The buffet starts at noon, while the games begin at 1 p.m. The cost is \$25 for club members and bona fide guests, and \$30 for nonmembers and their guests. Prizes will be awarded for first, second and third place. Participants must be at least 18 years old.

For more information, call the club at 773-3048.

Prime rib night

Prime rib night is scheduled for 6 to 9 p.m. Wednesday at the Trail's End Club.

Members cost is \$12.25 for a 10 ounce and \$15.50 for a 12 ounce. Nonmembers pay additional \$2. The dinner includes salad bar, baked potato, chef's blend of vegetables, fresh baked bread and creamy horseradish. A children's menu is available. Reservations

are encouraged.

For more information, call 773-3048.

Paintball is open

Open play at the base paintball field (south of Missile Drive across from Famcamp) is scheduled for 6 to 8 p.m. every Thursday in May. The cost is \$12 and includes marker, 20 ounce Co2, first hopper of paint and safety gear. Additional paint is available for purchase on-site for \$60 per case, \$30 half case or \$20 for 500-ct bag. Bring your own equipment for a \$5 use fee (no outside paintballs). Sign up by 3 p.m. day of play. Minimum age to play is 12. All players under 18 require parental permission.

For more information, call 773-2988.

Link Up 2 Golf

Two more sessions of the Link Up 2 Golf program are scheduled for 5 to 7 p.m. Monday to Thursday and May 22 to 25. Students will receive eight hours of group lessons, course

etiquette, complimentary rental clubs, swing mechanics, terminology, proper behavior and how to maintain speed of play. The cost is \$99. Classes are limited to six students. To sign up, call 773-3556.

Warren Triathlon

The 16th Annual Warren Triathlon is scheduled for May 20. The triathlon is a 500 yard swim, 12 mile bike ride and a two and a half mile run. Teams and individuals may participate. The entry fee is \$30 per individual or \$45 per team. Enter by Wednesday.

The triathlon begins at 7 a.m. with packet pickup and check-in beginning at 6:30 a.m. All participants receive a T-shirt.

Age groups for individual entries are 29 and younger, 30 to 39, 40 to 49 and 50 and older. Team categories are men's, women's and mixed. An awards ceremony will follow at the post-race party.

For more information, call the aquatic center at 773-3195.

Vet clinic closure

The Warren Veterinary Clinic, located in Building 288, will be closed Monday through May 21 and will reopen May 22 at 8 a.m. Normal hours of operation are Mondays, 8 a.m. to 1 p.m., Tuesdays, 8 a.m. to 3 p.m. (closed noon – 1 p.m.), Wednesdays, 8 a.m. to 1 p.m., Thursdays, 2 to 7 p.m. and Fridays, 8 a.m. to noon.

For an appointment call 773-3554.

Summer camp registration

Summer camp is a full weekly care program during the summer break for children currently enrolled in kindergarten through age 12. Children will have the opportunity to be involved in activities, clubs and field trips, nutritious meals and snacks. Registration is going on now. Weekly fees are based on the total family income. There is a \$15 registration fee.

Call the Warren Youth Center at 773-2564 for more information.

Education briefs

Commissioning workshop

The Warren Education Center is presenting a Commissioning Workshop for active duty enlisted members 2 p.m. June 13 in the education center, room 24. Presentations will include ROTC programs, Officer Training School, the Air Force Academy and prep school.

For more information on commissioning programs or to register for the workshop, call 773-2117.

Troops to Teachers

Troops to Teachers is a program that can provide assistance for troops considering teaching as a second career. Air Force Tuition Assistance may also be used for courses leading to teacher certification.

For more information call 773-2117.

Attention American Military University students

Richard McMullen, education coordinator for American Military University is scheduled to be available from 10 a.m. to 2 p.m. May 31 in room 28 of the education center to meet with students.

Attention University of Phoenix students

A University of Phoenix representative is available from 1 to 3 p.m. in room 28 at the education center to meet with students enrolled in UOP programs.

Need a tutor?

The education center staff has compiled a list of tutors available for active duty students enrolled in college courses. Those interested in obtaining the assistance of a tutor, call the education center at 773-2117.

HAWC Personal Fitness Program



Want to improve your run time?

Want to increase your push-ups and crunches?

Want to just increase your overall fitness level?

If the answer is yes, this class is for you.

This conditioning program is a group-lead class on the gym floor using a sequence of exercises to target specific muscles groups and energy system to enhance your performance.

Open to all active duty members, dependants, civilian employees, and retired military.

Days: Mondays and Thursdays

Time: 11:30 a.m. to 12:30 p.m.

Place: Freedom Hall (Gym floor)

Call 773-4292 for more information.

Class size is limited so first come, first served!

your family
your health
your kids
your budget
your strength
your friends
your readiness
your unit

Quit for

your country

Need support? Want quit information? Want to hear how someone else quit? Support groups for those thinking about quitting and those who have already quit. Free Medications Available: Why wait another day?

**Tobacco Cessation Support Groups
@ the HAWC**

New Classes begin every Month

Questions? Contact the HAWC 773-4267

Don't Quit Quitting

Commanders Access Channel 19

EVENT	TIME
Base Advertising	12 to 12:30 a.m.
Pentagon Channel	12:30 to 3 a.m.
Base Advertising	3 to 3:30 a.m.
Pentagon Channel	3:30 to 5 a.m.
Base Advertising	5 to 7:01 a.m.
Peacekeeper Deactivation Video	7:01 to 7:06 a.m.
Base Advertising	7:06 to 8 a.m.
Pentagon Channel	8 to 9 a.m.
Base Advertising	9 to 9:01 a.m.
Peacekeeper Deactivation Video	9:01 to 9:06 a.m.
Base Advertising	9:06 to 9:30 a.m.
Pentagon Channel	9:30 to 12 p.m.
Base Advertising	12:00 to 12:01 p.m.
Peacekeeper Deactivation Video	12:01 to 12:06 p.m.
Base Advertising	12:06 to 12:30 p.m.
Pentagon Channel	12:30 to 3 p.m.
Base Advertising	3 to 3:01 p.m.
Peacekeeper Deactivation Video	3:01 to 3:06 p.m.
Base Advertising	3:06 to 3:30
Pentagon Channel	3:30 to 5 p.m.
Base Advertising	5 to 5:01 p.m.
Peacekeeper Deactivation Video	5:01 to 5:06 p.m.
Base Advertising	5:06 to 5:30 p.m.
Pentagon Channel	5:30 to 7 p.m.
Base Advertising	7 to 7:01 p.m.
Peacekeeper Deactivation Video	7:01 to 7:06 p.m.
Base Advertising	7:06 to 7:30 p.m.
Pentagon Channel	7:30 to 9 p.m.
Base Advertising	9 to 9:30 p.m.
Pentagon Channel	9:30 p.m. to 12 a.m.

Tune in for the latest base information

